

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action



**ARE YOU OR A LOVED ONE EXPERIENCING MEMORY LOSS
OR DIFFICULTY REMEMBERING?**

You will receive \$125 for your time.

Aging with Pride: IDEA is a free problem-solving and low-impact exercise program designed to improve the well-being and health of older adults experiencing memory loss and the people who help them. Either the person with memory loss or the caregiver needs to be LGBTQ. The program includes nine in-person sessions with a coach over 6 weeks, with five phone interviews over 13 months.

This innovative program may help you!

Contact us at 1-888-655-6646 or ageIDEA@uw.edu

The study is being conducted in Seattle, San Francisco, and Los Angeles.

Community partners include GenPRIDE, Openhouse, Family Caregiver Alliance, and LA LGBT Center.

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